

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims:

1. (Previously presented) A kit comprising a plurality of hockey pucks for training purposes, wherein each of said pucks has substantially the same size, shape, and weight as a conventional regulation ice hockey puck, and wherein at least some of said pucks each comprise:
  - (a) a first outer portion having a relatively light color; and
  - (b) a second outer portion having a relatively dark color,wherein the relative size of said first and second outer portions differs in at least some of said pucks and wherein, in each of said at least some of said pucks, said second outer portion is circular and has a diameter less than the diameter of said puck.
2. (Original) The kit as defined in claim 1, wherein said second outer portion is on a flat surface of at least some of said pucks.
3. (Original) The kit as defined in claim 2, wherein said flat surface is selected from the group consisting of a circular upper surface and a circular lower surface and wherein, in each of said at least some of said pucks, said second outer portion is applied only to said circular upper surface and said circular lower surface.
4. (Cancelled)
5. (Original) The kit as defined in claim 1, comprising at least one puck having outer surfaces which are entirely said light color.
6. (Original) The kit as defined in claim 1, wherein said relatively light color is white and said relatively dark color is black.

7. (Original) The kit as defined in claim 1 wherein said light color is light grey and said dark color is dark grey.

8. (Original) A hockey puck derived from the kit of claim 1.

9. (Original) A hockey puck derived from the kit of claim 5.

10-16. (Cancelled)

17. (Previously presented) A method of training a hockey player comprising:

(a) providing a kit of hockey pucks for training purposes, wherein at least some of said pucks each comprise:

- (i) a first outer portion having a relatively light color; and
- (ii) a second outer portion having a relatively dark color,

wherein the relative size of said first and second outer portions differs in at least some of said pucks;

(b) selecting from said kit a subgroup of one or more of said pucks each having a relatively small first outer portion and a relatively large second outer portion;

(c) allowing said player to use said one or more pucks during one or more training sessions until said player becomes accustomed to using said one or more pucks;

(d) selecting from said kit a further subgroup of one or more pucks at least some of which have a larger first outer portion and a smaller second outer portion in comparison to the pucks previously selected;

(e) repeating steps (c) and (d) so that the player becomes accustomed to training with pucks having progressively larger second outer portions and progressively smaller second outer portions.

18. (Previously presented) The method as defined in claim 17, further comprising selecting from said kit at least one puck having outer surfaces which are entirely said light color.
19. (Previously presented) The method as defined in claim 17, wherein said player is a goaltender and wherein said first and second portions are located on a curved side edge of said pucks.
20. (Previously presented) The method as defined in claim 17, wherein said player is a non-goaltender and wherein said first and second portions are located on a flat upper surface or lower surface of said puck or both of said upper and lower surfaces
- 21-24. (Cancelled)
25. (Previously presented) The kit as defined in claim 36, wherein said second outer portion is circular and has a diameter less than the diameter of said puck.
26. (Previously presented) The kit as defined in claim 25, wherein said second portion covers no more than two discrete regions of said puck.
27. (Cancelled)
28. (Previously presented) The kit as defined in claim 37, wherein said second outer portion is annular.
29. (Previously presented) The kit as defined in claim 28, wherein said second outer portion has a width less than the width of said puck.
- 30-31. (Cancelled)
32. (Previously presented) The puck as defined in claim 39, wherein said second outer portion has a diameter less than the diameter of said puck.
33. (Previously presented) The puck as defined in claim 32, wherein said second outer portion covers no more than two discrete regions of said puck.

34. (Cancelled)
35. (Cancelled)
36. (Presently presented) A kit comprising a plurality of hockey pucks for training purposes, wherein each of said pucks has substantially the same size, shape, and weight as a conventional regulation ice hockey puck, and wherein at least some of said pucks each comprise:
- (a) a first outer portion having a relatively light color; and
  - (b) a second outer portion having a relatively dark color,
- wherein the relative size of said first and second outer portions differs in at least some of said pucks and wherein said second outer portion is on a flat surface of at least some of said pucks, said flat surface being selected from the group consisting of a circular upper surface and a circular lower surface and wherein, in each of said at least some of said pucks, said second outer portion is applied only to said circular upper surface and said circular lower surface.
37. (Previously presented) A kit comprising a plurality of hockey pucks for training purposes, wherein each of said pucks has substantially the same size, shape, and weight as a conventional regulation ice hockey puck, and wherein at least some of said pucks each comprise:
- (a) a first outer portion having a relatively light color; and
  - (b) a second outer portion having a relatively dark color,
- wherein the relative size of said first and second outer portions differs in at least some of said pucks and wherein, in each of said at least some of said pucks, said second outer portion is applied only to a curved cylindrical surface of said pucks.
38. (Previously presented) A hockey puck for training purposes having substantially the same size, shape, and weight as a conventional regulation ice hockey puck, said puck comprising:

- (a) a first outer portion having a relatively light color; and
- (b) a second outer portion having a relatively dark color.

wherein said relatively light color is white and said relatively dark color is black, and wherein said second outer portion is circular and has a diameter less than the diameter of said puck.

39. (Previously presented) A hockey puck for training purposes having substantially the same size, shape, and weight as a conventional regulation ice hockey puck, said puck comprising:

- (a) a first outer portion having a relatively light color; and
- (b) a second outer portion having a relatively dark color.

wherein said second outer portion is on a flat surface of said puck selected from the group consisting of a circular upper surface and a circular lower surface of said puck, and wherein said second outer portion is circular and is applied only to said circular upper surface and said circular lower surface.

40. (Currently amended) A hockey puck for training purposes having substantially the same size, shape, and weight as a conventional regulation ice hockey puck, said puck comprising:

- (a) a first outer portion having a relatively light color; and
- (b) a second outer portion having a relatively dark color.

wherein said relatively light color is white and said relatively dark color is black, and wherein said second outer portion is annular and is applied only to a curved cylindrical surface of said puck, wherein said second outer portion has a width less than the width of said puck.